

## Get Started with DelaWELL

### Register and Set Up Your Personal Profile.

Visit the new DelaWELL Health Portal at <https://delawell.alerehealth.com> and follow the steps to register on the log in page. You'll set up your personal profile, including a username and password you choose to keep your personal information secure.

**Eligible spouses and dependents over age 18** may create their own personal profiles. Simply select your affiliation from the drop down list to **register** and complete the fields using the last 4 digits of the employee's/pensioner's social security number. You'll set up your own username and password to keep your personal information secure. Spouses and dependents are welcome to participate in the DelaWELL program, but only benefit eligible state agency, school district, charter school and higher education employees, as well as state non-Medicare eligible pensioners who are currently enrolled in a State of Delaware Group Health Plan, are eligible to earn DelaWELL Rewards.

## Take Healthy Steps

### 1. Attend a DelaWELL Health Screening.

Knowing your key health values, such as blood pressure, blood sugar (glucose) and cholesterol is important to help you stay healthy and detect health conditions early when they are most treatable. Visit the DelaWELL Health Portal and sign up for a **FREE** Health Screening Appointment provided at various State of Delaware locations during July through November 2011 and January through April 2012.

### 2. Complete Your Online Wellness Assessment.

The next step is to complete your confidential online Wellness Assessment. To receive the most comprehensive report and recommendations, include your recent health screening values. You can enter these directly from the sheet provided at your DelaWELL Health Screening OR wait about two weeks after your screening event for your screening values to be automatically included in your assessment for you. If you want your values loaded for you, do not click "Finish" on your assessment until after your values are included.

The Wellness Assessment is a questionnaire about your health habits and can be completed online in about 15-20 minutes. As soon as you finish, you will get your Wellness Score and personalized report. The results will help you identify your health risk areas and give you practical suggestions for improving your health and reducing your risk for illness and injury.

### 3. Actively participate in a **Health Coaching or Condition Care Program.**<sup>2</sup> Visit the DelaWELL health portal or call 1-866-674-9103 to find out more and enroll today.

### Health Coaching Program

You have access to your own confidential **Health Coach** who provides personalized guidance through a series of phone calls or online interactions to help you reach your health goals, such as losing weight, increasing physical activity or quitting smoking. If you are ready to make a healthy change and need the additional support of a coach, call 1 866 674 9103 to get started.

Complete at least 8 interactions within 3 months of enrolling to meet completion criteria.

### Condition Care Program

If you have certain health conditions and are benefit eligible and currently enrolled in the State of Delaware Group Health Plan, an Alere nurse is available to you 24/7 to help you manage your condition, get the most from visits to your healthcare providers and live well. Conditions include asthma, chronic obstructive pulmonary disease (COPD), congestive heart failure (CHF), coronary artery disease (CAD), diabetes, back pain and osteoarthritis. Call 1 866 674 9103 to find out more about the confidential Condition Care Program, administered by Alere.

Keep scheduled phone calls with your Alere nurse care manager throughout the program year to meet completion criteria.

### Healthy Living Programs

If your Wellness Assessment indicates you are at low risk and you do not have a chronic health condition listed above, you may complete a Healthy Living Program to complete "Step 3" and qualify for the \$200 Gold Level Cash incentive.

Choose from a wide range of self-paced, six-week programs to help you achieve health goals in key areas, such as increasing physical activity, eating healthier and reducing stress. You will have an achievable goal each week and a To-Do List of action items to help you make it happen. Regular e-mails will remind you to stay on track. Complete each of six weekly modules and the short assessment at the end of week six to meet completion criteria.

### DelaWELL University Onsite Health Seminars

Onsite Health Seminars will be held at various times and locations throughout the state during the program year. Register today for a location nearest you by visiting the DelaWELL Health Portal at <https://delawell.alerehealth.com>.

DelaWELL University Health Seminars are ONLY offered to benefit eligible state agency, school district, charter school and higher education employees, as well as state non-Medicare eligible pensioners who are currently enrolled in a State of Delaware Group Health Plan. The Onsite Health Seminars are NOT offered to spouses, dependents or participating group members (with the exception of University of Delaware and Delaware Transit Corporation employees), due to limited seating accommodations.



## DelaWELL Health Management Program

July 1, 2011 to May 31, 2012



**This is your year...**

**This is your health!**

**Take part in DelaWELL and join the State's wellness journey!**

**<https://delawell.alerehealth.com>  
(866) 674-9103**

**Alere**



## DelaWELL Health Management Program

The State of Delaware is pleased to provide you and your eligible spouse and dependents over age 18 with activities, tools and resources to help you take charge of your health and wellbeing! Through the DelaWELL Health Management Program, eligible members\* will have **FREE** access to a confidential online wellness assessment, onsite health screenings, wellness challenges, online and onsite health seminars, personal health coaching and much more. This program is provided for free as part of your health care benefits.

### \*Who is Eligible to Participate?

The DelaWELL program is available to all individuals over the age of 18 who are currently enrolled in a State of Delaware Group Health Plan (non-Medicare plan).

#### Your Privacy Is Important

*Your participation in any DelaWELL wellness activity is completely voluntary and confidential. The State of Delaware is committed to protecting your privacy. All personal health information is stored securely by Alere, a leading provider of health and wellness solutions. No one at the State of Delaware will have access to your protected health information. Only aggregate data is reported to the State of Delaware to identify trends and target health and wellness activities to best meet the needs of members and their dependents.*

## DelaWELL Rewards Are Easy As 1-2-3!

Benefit eligible state agency, school district, charter school and higher education employees, as well as state non-Medicare eligible pensioners, who are currently enrolled in a State of Delaware Group Health Plan can earn **DelaWELL Rewards**<sup>1</sup> for participating in various program activities throughout the year.

1. Participate in a **Health Screening** to be held at various locations throughout the state during July through November 2011 and January through April 2012. Click on the links on the left side of the DelaWELL health portal for more information including a schedule and to sign up for an appointment.
2. Complete your confidential online **Wellness Assessment** questionnaire for 2011-2012. In about 15-20 minutes, you will get your Wellness Score and personalized report with recommendations for healthy steps you can take to reach your goals.
3. Actively participate in a **Health Coaching or Condition Care Program**.<sup>2</sup> Visit the DelaWELL health portal or call 1-866-674-9103 to find out more and enroll today.



<https://delawell.alerehealth.com>

## DelaWELL Rewards

Complete Steps 1 and 2 to earn a **\$100 Silver Level** cash incentive!

**OR**

Complete Steps 1 and 2 and 3 to earn a **\$200 Gold Level** cash incentive!

Members who meet the requirements for the Silver or Gold Levels will also have a chance to win a free:

- Three-Month YMCA Family Membership or
- One-Year YMCA Family Membership

<sup>1</sup> DelaWELL Reward amounts will be paid in July 2012. Rewards are NOT offered to spouses, dependents or participating group members (with the exception of University of Delaware and Delaware Transit Corporation employees). Wellness Assessment and Health Screening are required to earn rewards. Activities must be completed by May 31, 2012.

<sup>2</sup> Qualification for a Health Coaching or Condition Care program is determined by the results of your Wellness Assessment or healthcare claims. Low risk individuals who don't qualify for a health coaching program must participate in a Healthy Living Program to complete Step 3 and qualify to earn the \$200 incentive. All other participants must enroll in and participate in a health coaching program or Condition Care program to complete Step 3 and qualify to earn the \$200 incentive. Condition Care programs include asthma, chronic obstructive pulmonary disease (COPD), congestive heart failure (CHF), coronary artery disease (CAD), diabetes, back pain and osteoarthritis.